

GRAFTON SENIOR GAZETTE



Grafton Council on Aging / Senior Center

30 Providence Road • Grafton, MA 01519
Phone: 508-839-9242 FAX: 508-839-7306

"Linking Needs with Resources"

October 2016
Vol. 14 Issue 10





CRAZY HAT BINGO & BOO BURGER LUNCH

Monday, October 31st—10:30 am

Grafton seniors—Come celebrate Halloween at the Senior Center with a haunting game of BINGO followed by a "BOO" burger lunch from Elder Nutrition and a special dessert. The cost for lunch is a suggested donation of \$2.50/senior.

Be sure to use your imagination and creativity for your hat because fantastic prizes will be given for the best Crazy Hats!!

Please call 508-839-9242 to make a reservation



SENATOR MOORE'S & BLACKSTONE VALLEY CHAMBER OF COMMERCE TURKEY LUNCHEON

Senator Michael Moore and Blackstone Valley Chamber of Commerce will host a turkey lunch for Grafton seniors.

Monday, November 7th @ 11:45 am

Please make your reservation at 508-839-9242 by Tuesday, November 1st.

The Senior Center Crafters will also have a table setup selling crafts that make wonderful Holiday gifts.



Lisa Casillo, a Financial Advisor from Edward Jones will be conducting a Coffee Club Hour to discuss the economy, updates on the market, and answer any financial questions on **Thursday, October 20th at 10:00 am.**


The Fraud Squad Players

RSVP (Retired Senior Volunteer Program) volunteers enact some of the many scams that impact seniors both emotionally and financially.

Wednesday, October 19th @ 10:30 am

Stay for a Turkey Cape Cod sandwich lunch provided by Elder Nutrition. Suggested donation is \$2.50/senior, \$5.50/non-senior.

Please call 508-839-9242 by Monday, October 17th to reserve a spot.



BINGO

Courtesy of GHS Neighbors

Wednesday, October 12th

Bingo-10:30 am, Lunch-11:45 am

Julie Markowski and the Grafton High School Neighbors will host BINGO with prizes for Grafton Seniors. Join us for BINGO and then a Chicken a La King lunch provided by Elder Nutrition. Suggest donation \$2.50/seniors. Please reserve a spot by calling 508-839-9242 by Friday, October 7th.



ATTENTION GRAFTON SENIORS

Representative David Muradian will be hosting a pasta luncheon at the Grafton Senior Center on:

Tuesday, October 25th—11:45 am

Please make your reservation by calling 508-839-9242 by Thursday, October 20th.

FALLON SENIOR PLAN MEDICARE ADVANTAGE

Thursday, November 3rd—10:30 am

A representative from Fallon will be here at the Senior Center to answer questions regarding Fallon's Senior Plan.

Please stop by for questions and answers.

MEALS

Home Delivered or Dine at the Center

Meals are served Monday-Friday excluding holidays at the Grafton Senior Center at 11:45am—noontime. Lunchtime is until 12:30 pm. If you would like to sign up, call 508.839.9242. **Reserve by 10:30 am two days before.** If you are in need of home delivered meals, call 508.852.3205. If you do not drive, consider taking the bus to the Center for lunch! Suggested donation is \$2.50 for those over 60 and \$5.50 for those under 60. Menu includes milk, coffee, margarine, bread and dessert. Worcester Elder Services is our agent for the Elder Nutrition Program. Bring a friend or make some at lunch. **PLEASE KNOW YOUR DONATION OF \$2.50 PER MEAL HELPS KEEP THE PROGRAM RUNNING!**



This Month's Fare:

- Monday, October 3rd..... Roast Pork w/Gravy
- Tuesday, October 4th..... Shepherd's Pie
- Wednesday, October 5th..... Bacon Omelet
- Thursday, October 6th Chicken Cacciatore
- Friday, October 7th..... Baked Fish
- **Monday, October 10th Center Closed**
- Tuesday, October 11th Pot Roast Stew
- Wednesday, October 12th..... Chicken a La King
- Thursday, October 13th Meatloaf & Gravy
- Friday, October 14th..... Macaroni & Cheese
- Monday, October 17th.. MOW Swedish Meatballs
- Monday, October 17th ... Chef Lori Beef Stroganoff
- Tuesday, October 18th..... Buttermilk Chicken
- Wednesday, October 19th..... Turkey Cape Cod
- Thursday, October 20th Salmon Boat
- Friday, October 21st Beef & Bean Chili
- Monday, October 24th Roast Turkey
- Tuesday, October 25 Pork Rib-i-que
- Wednesday, October 26th..... Cracker Crumb Fish
- Thursday, October 27th MOW Stuffed Shells
- Thursday, October 27th Chef Lori Baked Ziti
- Monday, October 31st Beef Patty (w/Roll)

CENTER PROGRAMS

BILLIARDS—Most anytime – except Tuesday mornings

BLOOD PRESSURE CLINIC—Every Thurs. 11 am

CERAMICS—Tuesdays 1:00 pm

CHAIR YOGA—FRIDAYS – 9:00 am – Free of charge for Grafton seniors thanks to FOG.

CONGRESSPERSON OFFICE HOURS—Vary

COUNCIL ON AGING—Meets 2nd Thursday of every month at 2:00 pm except July and December unless otherwise posted

CRAFTS—Wednesdays at 9:00 am

DAY TRIPS/EXTENDED TRIPS Vary - See Newsletter for info- Brochure rack in Senior Center

DUPLICATE BRIDGE—Thurs. 9:00 am

FALL PREVENTION EXERCISE—Mondays 10:30 am, Wednesdays 9:30 am—Free for Grafton seniors

FIVE CROWNS—3:00 pm Wednesdays

FUEL ASSISTANCE—See Lisa Kelley for appt

HOOKE ON BOOKS CLUB—First Wed. of the Month - 10:30 am – noon

JOG YOUR NOGGIN—Fun Trivia EVERY Wed. 10:45 am—Unless otherwise noted on calendar.

LUNCH—Mon- Fri 11:45 am \$2.50 suggested donation – Call two business days prior by 10:30 am

MAT YOGA—Mondays at 9:00 am & Wednesdays at 12:30 pm. Free of Charge for Grafton Seniors thanks to FOG.

Medical Equipment Loan Closet—crutches, wheelchairs, canes, etc.—just ask!

NAILS-WITH SARA—Tuesdays by appt 1.508.277.0534. Sara also does pedicures and facial hair removal.

ORGAN SOCIAL—Tuesday mornings at 10:00 am

OUTREACH—Assessing needs and linking resources – Call for appt with Lisa.

OUT TO LUNCH—Monthly outing to area restaurant

PAINTING INDEPENDENTLY—Fridays 10:00 am

PITCH—Mon & Tues 1:00 pm, Thursdays 6:30 pm

RUMMIKUB—Wednesdays 1:00 pm

SCRABBLE—Tuesdays at 9:30 am

SENIOR EXERCISE CLASS—10:30 am Tuesdays and Thursdays. Free for Grafton Seniors thanks to FOG.

SINGING GROUP—Fridays at 10:00 am (off for Summer)

STITCH AND BITCH—Thursdays – 6:30 pm

TAI CHI & ADV. TAI CHI—FREE FOR GRAFTON SENIORS THANKS TO FOG— Fri. 10:00 am and Adv. 11:00 am

Tax Work Off Program—Call Barb Connelly for more info.

TRANSPORTATION—Call the office for all the info!

WHIST—Fridays at 1:00 pm

Wii-TV GAME EXERCISE—Available in the TV room - almost any time!

WRITER'S GROUP—Meets 2nd and 4th Friday at 1:00 pm

YAHTZEE—Thursdays at 1:00 pm

ZUMBA GOLD—Wednesdays 11:30 am

SOCIAL KNITTING & CROCHETING**Mondays, October 3rd, 17th & 24th****10:00 am—11:30 am****Senior Center Bolack Room**

Bring your knitting or crocheting project to work on while you enjoy a cup of coffee, snack, and great conversation in the Senior Center Bolack Room.

OUT TO LUNCH**For Grafton Senior Residents****Tuesday, October 18th**

Grafton Senior residents, we're headed to the Old Mill Restaurant in Westminster, MA. The Grafton Senior Shuttle is taking a group of up to 14 seniors to enjoy a wonderful lunch out day. Each person is responsible for his/her meal and the cost of transportation \$6.00/pp.

Please call the Senior Center at 508-839-9242 to reserve your seat. Please do not tip the driver.

SENATOR MOORE'S OFFICE HOURS

Senator Michael Moore, or his representative will hold office hours at the Grafton Senior Center on Monday, October 17th from 10:30—11:30 am. Please feel free to stop by with your questions, compliments or concerns.

FREE MEDICAL VAN RIDES FOR THE MONTH OF OCTOBER**Courtesy of St. Mary's Grafton Parish**

Free medical van rides will be available for the month of October for residents age sixty and older or disabled of any age courtesy of St. Mary's Grafton Parish.

Please call 508-839-9242 at least 48 hours in advance to schedule a ride.

October**SHOPPING TRIPS**

Here is a wonderful opportunity to get out and about to do your shopping. This month we will be traveling by our van to the following locations:

Tues., October 4th—Target**Tues., October 11th—Market Basket****Fri., October 21st—Westmeadow Plaza****Tues., October 25th—Walmart**

Please call the Senior Center to sign up as there is limited seating on the bus. Sorry, Grafton residents only.

**Chef Lori Galvin**

Chef Lori's menu for October is as follows:

Monday, October 17—Beef Stroganoff, Broccoli with Garlic, Rolls & Butter, Pineapple, Coffee and Milk

Thursday, October 27th—Baked Ziti, Salad, Garlic Bread, Pizzelles (Italian cookie), Coffee and Milk

The price is \$3.00/senior and Senior Center volunteer, \$6.00/non-senior. Reservations must be placed and paid for at least 2 days in advance.

FULLY CLOTHED**TABLE MASSAGE WITH JAMIE DUDLEY****Friday, October 7th—9:30 am-12:30 pm****Friday, October 21st—9:30 am-12:30 pm****\$20.00/30 min.**

By appointment and payment paid to Jamie when services are rendered. Come give it a try!!!

TRIPS! TRIPS! TRIPS!

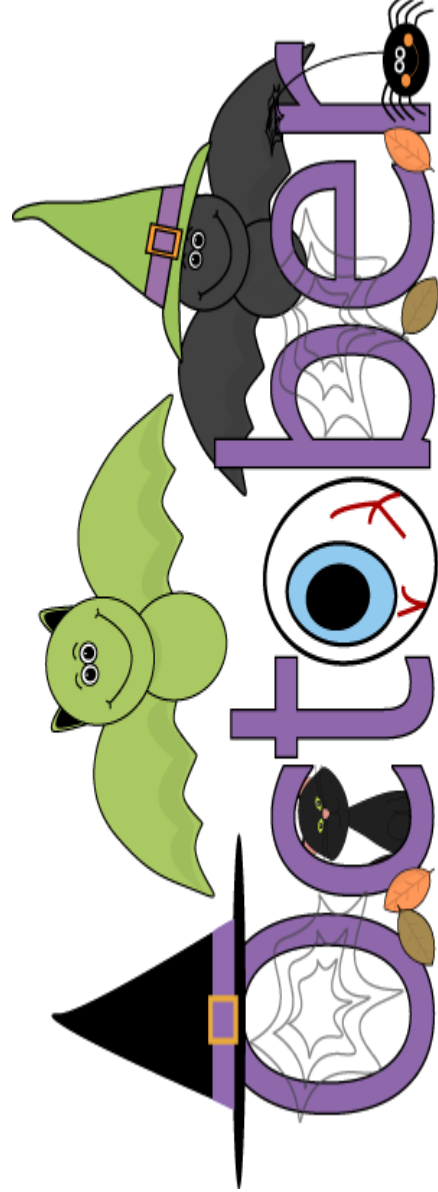
Wednesday, Nov. 16th, 2016—A "Silver Sizzle" Review featuring a splendid mix of dynamic song, thrilling dance performances and gut-busting comedy all performed by an 8 person cast who are age 50 and better. Trip includes a Holiday roast turkey dinner at Luciano's Lake Pearl in Wrentham, transportation, and show. \$89/pp.

Friday, Dec. 9th, 2016—Holiday Pops Christmas Show at Symphony Hall. Trip includes meal at Venezia Waterfront Restaurant, transportation, and reserved seating at Symphony Hall. \$129/pp.

Saturday, Dec. 31st, 2016—New Year's Eve Day Trip at Sheraton 4 Points in Norwood, MA featuring Award-Winning Singer Valerie Sneade and dancing to the Tom LaMark Orchestra. Trip includes transportation, luncheon, show, orchestra, party favors and champagne toast. \$95/pp.


Friday-Sunday, May 19-21, 2017—New York City trip and hotel accommodations at the Luxurious Roosevelt Hotel. Trip includes transportation, lodging, buffet breakfast each morning at hotel, visit to September 11th Museum & Memorial, Ferry Ride to Liberty & Ellis Island w/ admission to Statue of Liberty. \$879/single; \$599/double.

Please call the Senior Center at 508-839-9242 if you have any questions or stop by and pick up a brochure.



2016



Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 am Mat Yoga 10:00 am Social Knitting 10:30 am Mahjong 10:30 am Fall Prevention Exercise 11:45 am Lunch 1:00 pm Pitch	4 SHOPPING—Target 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 10:30 am Senior Exercise 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics	5 9:00 am Crafts 9:30 am Fall Prevention Exercise 10:00 am Book Club 10:45 am Jog Your Noggin 11:30 am ZUMBA 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns	6 9:00 am Dup. Bridge 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic 11:45 am Lunch 1:00 pm Yahtzee 6:30 pm Pitch 6:30 pm Stitch N Bitch	7 9:00 am Chair Yoga 9:30 am Massage 10:00 am Independent Painting 10:00 am Tai Chi 11:00 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist
10 <i>Center Closed</i> <i>Columbus Day</i> 	11 SHOPPING—Market Basket 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 10:30 am Senior Exercise 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics	12 9:00 am Crafts 9:30 am Fall Prevention Exercise 10:30 am GHS Neighbor's BINGO 11:30 am ZUMBA 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns	13 9:00 am Dup. Bridge 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic 11:45 am Lunch 1:00 pm Yahtzee 2:00 pm COA Meeting 6:30 pm Pitch 6:30 pm Stitch N Bitch	14 9:00 am Chair Yoga 10:00 am Independent Painting 10:00 am Tai Chi 11:00 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist 1:00 pm Writer's Group
17 9:00 am Mat Yoga 10:00 am Social Knitting 10:00 am Legal Clinic Carolyn Spring	18 OUT TO LUNCH—The Old Mill Restaurant 9:00 am Nails 9:30 am Scrabble	19 9:00 am Crafts 9:30 am Fall Prevention Exercise 10:30 am RSVP "Fraud Squad Players"	20 9:00 am Dup. Bridge 10:00 am Lisa Casillo, Edward Jones 10:30 am Senior Exercise	21 SHOPPING—Westmeadow Plaza 9:00 am Chair Yoga 9:30 am Massage

10:30 am Mahjong 10:30 am Fall Prevention Exercise 10:30 am Senator Moore's Office Hours 11:45 am Lunch by Chef Lori 1:00 pm Pitch	10:00 am Organ Social 10:30 am Senior Exercise 11:45 am Lunch 1:00 pm Pitch 1:00 pm Ceramics	11:45 am Jog Your Noggin 11:30 am ZUMBA 11:45 am Lunch 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns	11:45 am Blood Pressure Clinic 1:00 pm Yahtzee 6:30 pm Pitch 6:30 pm Stitch N Bitch	10:00 am Tai Chi 11:00 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist
24 9:00 am Mat Yoga 10:00 am Social Knitting 10:30 am Mahjong 10:30 am Fall Prevention Exercise 11:45 am Lunch 1:00 pm Pitch	25 SHOPPING—Walmart 9:00 am Nails 9:30 am Scrabble 10:00 am Organ Social 10:30 am Senior Exercise 11:45 am Rep. Muradian Pasta-Lunch 1:00 pm Pitch 1:00 pm Ceramics	26 9:00 am Crafts 9:30 am Fall Prevention Exercise 10:45 am Jog Your Noggin 11:30 am ZUMBA 12:30 pm Mat Yoga 1:00 pm Rummikub 3:00 pm Five Crowns	27 9:00 am Dup. Bridge 10:30 am Senior Exercise 11:00 am Blood Pressure Clinic 11:45 am Lunch by Chef Lori 1:00 pm Yahtzee 6:30 pm Pitch 6:30 pm Stitch N Bitch	28 9:00 am Chair Yoga 10:00 am Independent Painting 10:00 am Tai Chi 11:00 am Adv. Tai Chi 11:45 am Lunch 1:00 pm Whist 1:00 pm Writer's Group
31 9:00 am Mat Yoga 10:30 am Fall Prevention Exercise 10:30 am CRAZY HAT BINGO 11:45 am Lunch 1:00 pm Pitch	<p>PROPERTY TAX WORK-OFF APPLICATIONS WILL BE AVAILABLE AT THE SENIOR CENTER FOR FY18</p> <p>This program allows qualified applicants to work-off up to 125 hours in property taxes a year. The new program begins November 1st, 2016. If you have worked this past year, please remember to submit paperwork by October 1st.</p> <p>ONE ON ONE LEGAL CONSULTS</p> <p>Atty. Carolyn Spring visits our Center and provides private consultations at no charge. Please call the office to make an appointment. Thanks to Atty. Spring for her generosity.</p>			



AT THE CENTER OF IT ALL

By: Bill Drago, COA Chair

I just heard of a new scam. This one will leave some folks shaking, but don't be frightened. First of all, the IRS does not call you on the phone to ask information that is personal to you. They will always send a "certified" form advising you of any problem. Don't panic. Just hang up!! You can also call the IRS office to verify the call.

The Lion's Club once again had a superb dinner. This one was a picnic type with hamburgers, hot dogs, potato salad, fresh garden tomatoes and cucumbers, strawberry shortcake and watermelon. The event was outside at their new pavilion on Brigham Hill Road and dinner was served following a game of BINGO led by Barbara and Nancy. Thank you to the many who made it happen!!!

I have heard great reviews from lunch folks who have enjoyed Chef Lori's culinary expertise. If you haven't had a chance yet to enjoy her homemade lunch, be sure to sign up for the next ones in October. You won't be sorry!

FOGE has been actively seeking new members while also enjoying participation from some Grafton businesses. Thank you to FOGE for continuing to support Senior Center programs and luncheons.

I was happy to meet a new senior who came to the Senior Center office requesting information about what she needed to do to become a member. "Nothing!" I said. "Please just give Nancy, the secretary your contact information."

Stay healthy and safe!!

PODIATRY

DR. MICHAEL J. BIANCAMANO, D.P.M.

Dr. B. will be offering podiatry services on:

Wednesday, November 2nd—1:00 pm

Please call the Senior Center at 508-839-9242 to book your appointment. You will need to bring all your insurance cards and a list of medications you currently take.

BOOK REVIEW



This month's review is for the book "Playing for Pizza" by John Grisham. Check out Bev's review which will be posted on the Senior Center bulletin board and outside the office.

"VERY IMPORTANT" MEDICARE UPDATE

Thursday, November 10th at 10:30 am

Medicare Open Enrollment is Oct. 15th—Dec. 7th

Medicare plans change every year. Now is the time to choose your coverage for 2017. A representative from the Commonwealth's SHINE Program will be here to present updates. If you would like to attend the update meeting or need assistance, please call the Senior Center at 508-839-9242. These meetings are being held in a few select locations, so don't miss it!!



PAIR OF MITTENS DRAWING

\$.50 per ticket or \$1.00 for 3 tickets

A drawing for a beautiful pair of handcrafted wool mittens donated by Michele Malkasian will take place on Monday, October 31st at the Senior Center's Crazy Hat BINGO Party. Please stop by the Senior Center office to purchase your tickets. Winner need not be present.

WANTED

SMALL HANDMADE HOLIDAY ORNAMENTS



Donations of small handmade Holiday ornaments are wanted for the Senior Center's Craft Group Holiday sale tables in November and December. All proceeds from the Craft Group's sales goes to the Grafton Senior Center.

Ornaments may be dropped off at the Senior Center office from Sept. 26th thru Oct. 26th.

Ornament donor's names will be entered in special prize drawings to be held at the Senior Center's Crazy Hat Halloween Party. Winners need not be present.

GIGGLES

"I can't wait to retire so I can get up at 6:00 a.m. in the morning and drive really slow so everyone else is late for work."



"Have you ever noticed that anybody driving slower than you is an idiot, and anybody going faster is a maniac?"

Four Blonds run into a bar yelling "85 days!" A guy asks the blonds "What's 85 days?" The four Blonds say, "We completed a puzzle in 85 days and the box said 2-4 years!"

From the Friends of Grafton Elders:

FOGE has had another successful month thanks to all who are helping. We are happy to continue to fund Yoga, Senior Exercise, Tai Chi and Zumba classes. We also support the aquarium maintenance. We sponsored a BIN-Go party in September and have scheduled another one for next January.

As you are aware, FOGE is holding a fundraising luncheon and raffle on October 16th at the Grafton Inn to celebrate our 35th Birthday and to honor the founder of FOGE, Winnie Paul, who passed away a year ago. While we have been fortunate to be able to support assorted events and needs through the Senior Center, we are in need of a strong development plan. We have solicited support from local businesses to sponsor the luncheon and donations for the raffles. We are grateful to Unibank, Washington Mills, Gaudette Insurance, Homefield Credit Union, Millbury National Bank, Trader Joe's and Stephanie's for their support.

New is the FOGE button battery collection box located in the hallway of the Senior Center. Those who wear hearing aids know how quickly the spent batteries accumulate. This is a way to safely recycle batteries and keep them out of the waste stream. Please save your batteries and drop them off in the FOGE Battery Box or Senior Center office.

Another new project underway is the February 2017 calendar raffle for \$10/each. Dollar prize amounts will be printed for each day on the February calendar and a purchaser's name will be drawn daily for the prize. Winners names will continue to be eligible for future drawings. Calendars will be available for purchase mid October.

FOGE's next Board Meeting is Wed., Oct. 12th at 6:30 pm in the Craft Room at the Senior Center. Everyone is welcome to attend.

Marsha Platt
President, Friends of Grafton Elders



**CENTER CLOSED
COLUMBUS DAY
MONDAY, OCT. 10TH**

BLOOD PRESSURE CLINICS

The blood pressure clinic will be offered every Thursday of the month at 11:00 am in the Bolack Room of the Senior Center, unless otherwise posted. **Volunteers are needed to check blood pressure.** Please check with the office for details.

COUNCIL ON AGING MEMBERS

William Drago, Chair • William Cutler, Vice Chair
Marcella Benoit, Secretary
Annette McCarthy, Peter Shay
Nina Whiting, Ann Allia

STAFF

Barbara Connolly, Director
Nancy Malone, Office Manager
Lisa Kelley, Outreach Worker
Martha Charter, Van Driver
Bryan Dudley, Van Driver
Michele Malkasian, PT Activities Coordinator
Lori Galvin, PT Cook
Karen Kosiba, Meal Site Manager

TOWN OF GRAFTON
GRAFTON SENIOR CENTER
30 PROVIDENCE ROAD